

The State of CT Department of public health is alerting all residents that influenza is widespread in the Connecticut. People over the age of 65 years are accounting for over 70% of hospital admissions for influenza, so far this year.

The Centers for Disease Control and Prevention, CDC, recommends you “Take 3” actions to fight the flu.

1. Take time to get a flu shot
2. Take everyday actions to stop the spread of germs. Avoid close contact with sick people, avoid touching your eyes, nose, and mouth, cover your coughs and sneezes, wash your hands often (with soap and water), and clean and disinfect surfaces and objects that may be contaminated with flu viruses. If you are ill, stay home.
3. Take antiviral medications, if your health care provider recommends them

The West Hartford Bloomfield Health District has flu vaccine available and can administer flu shots to individuals 4 years of age and older. Call the Health District at 860-561-7900 to arrange for a flu shot